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Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

## Twister Safety Precautions

### *Preparation and safety guidance for your family*

When it comes to tornadoes, there's no substitute for advanced planning. During peak tornado season between March and May, storms that produce tornadoes can develop quickly, so it's important for you and your family to know exactly what to do before, during and after a twister.

#### **Before a Tornado Strikes**

- Create a family tornado plan including where you will seek shelter when a tornado warning is given and where you will meet after the disaster in case you get separated. Practice your family's tornado plan at least once per year.
- Gather items that can protect you such as mattresses, sleeping bags and thick blankets and place them near your shelter area.
- When the National Weather Service issues a tornado watch, go to your shelter area and check to see that everything you need for protection is there.

- Also gather bottled water, non-perishable food items, flashlights and a battery-operated radio.
- Keep an ear to the radio or television and listen for storm status updates, and stay alert for warnings.

#### **Signs of a Tornado**

In addition to listening to weather reports, the following signs may indicate the threat of a tornado is near:

- Strong, persistent rotations at a cloud's base
- Whirling dust or debris
- Hail or heavy rain, followed by a dead calm or intense wind shift
- Loud rumbles of noise that do not fade away in seconds like thunder

#### **During a Tornado:**

- Go to the basement or lowest level of your home, get under a sturdy

structure, such as a table, and then cover yourself with protective materials. If your home does not have a basement, go to a small, central space such as bathroom, closet, under a stairwell or a hallway with no windows. Then, crouch down to the floor, face down and cover your head with your hands.

- If you live in a mobile home, leave your house and seek other shelter. If there is nowhere else to go, lay flat on the ground and cover your head with your hands.



### **Did you know...?**

After a tornado passes, avoid going near any fallen power lines, especially those near puddles of rain water. They may be carrying electricity.